

August 29, 2005

CHFS FOCUS

CHFS Focus Employee Spotlight: CHFS staffers pull double duty at Kentucky State Fair

“Photo Spotlight”

CHFS staff worked diligently to share the Cabinet’s message with citizens of Kentucky at the Kentucky State Fair. Below and online are photos of the Cabinet’s exhibit and some of the many CHFSers who staffed it every day for 13 hours a day throughout the fair’s run. Good health through good nutrition, physical activity, personal and household safety, regular preventive medical care and screenings and effective disease management was the message conveyed to thousands of Kentucky adults and children who visited the Cabinet’s exhibit.

Anya Weber (left) of the Division of Communications prepares to ask questions for the Mind Bender Trivia game. This is just one of many CHFS activities for the 2005 Kentucky State Fair. Anya has put in many long hours planning and preparing for this year’s CHFS fair booth.



Mike Cavanah (right) of Public Health cheers on some of the youngest fair goers as they play a Tic-Tac-Toe beanbag toss.



Under Secretary Mike Fields speaks with a visitor to the CHFS booth. Fields was asking visitors to sign the 2005 CHFS state fair banner.



A full photo gallery of CHFS’ State Fair activities is available at <http://chfs.ky.gov/olpa/dc/focus/spot1.htm>.

CHFS Focus Program Spotlight: Worksite Health and Wellness Program wraps up another successful initiative – CHFS 5 A Day Challenge

5 A Day Finale Activities

The CHFS 5 A Day Challenge wrapped up with a celebration at the CHR Building in Frankfort Aug. 24. Secretary James Holsinger, M.D., and Executive Director of Quality Delanor Manson commended the outstanding performance of all who participated and presented awards to winners in various competition categories.



Afterward, the 5 A Day finale celebration continued until 1:30 p.m., giving everyone a chance to participate during their lunch breaks. Activities included games such as bean bag toss and Nutrition Jeopardy!, played very much like the popular game show, but featuring questions from categories related to the 5 A Day Challenge and general nutrition topics.

Those attending the 5 A Day Challenge celebration were also invited to browse through a collection of fruit and vegetable recipes and enjoyed a cookout featuring, you guessed it, nutritional foods and plenty of fruits and vegetables.

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CHFS 5 A Day Challenge Awards winners are: (Note: servings listed below equal the total number of servings of fruits and vegetables consumed over the course of the five-week challenge. For comparison purposes, consider that at a rate of five servings a day – that's 35 servings a week – the five-week minimum total would be 175 servings per person and the minimum for a team of four would be 700 servings.)

First place

Individual – Marcia Rice – with 249 servings
Team – 3 Has Beans and One Young Sprout – 1,073 servings

Linda Grace Piker- Captain
Julie Franklin
Jackie Neal
Ora Ramsey

Second place

Individual – Crystal Despain with 212 servings
Team – Tootie Fruity Veggie Sisters – 995 servings
Judy Montfort- Captain
Rosalie Summers
Vicki Barber
Shelley Adams

Most improved

Individual – Tonya Lefler
Team – Veggie Tails
Dawn Williams - Captain
Maranda Cummins
Karen McGaughey
Dawn Moreland

A photo gallery of the 5 A Day finale is available at <http://chfs.ky.gov/olpa/dc/focus/spot2.htm>.

Lieutenant Governor Steve Pence leads motorcycle tour to promote strengthening Kentucky sex offender laws

*From the Office of the
Lieutenant Governor*

*Photo at right: Lt. Gov.
Pence leads the procession*

*Mark Lunsford of Florida
joins Lt. Gov. Pence to raise
awareness*

Lieutenant Governor Steve Pence guided a group of more than 50 motorcyclists



on a state tour to promote more stringent sex offender laws in Kentucky.

"This is an issue that affects every family in the commonwealth. We must send a clear message that sex offenders are not welcome and will be dealt with harshly in Kentucky," the lieutenant governor said. "We need to consider lifetime supervision, mandatory minimum sentencing and elimination of parole for many sex offenders."

The motorcycle tour kicked off with a ceremony at the state Capitol. The lieutenant governor also presented Mark Lunsford with a Kentucky Colonelcy at that time.

"I am honored to take part in this important promotional tour," Lunsford said. "My goal is to help other states raise awareness so no other child has to face what my daughter Jessica endured. I commend Lieutenant Governor Pence for taking the lead in Kentucky."

In February 2005, 9-year-old Jessica Lunsford was abducted from her bedroom by a repeat sexual offender. Her body was found nearly three weeks later fewer than 150 yards from her home. The case prompted Florida legislators to enact a bill that requires life sentences or lifetime monitoring for sexual offenders who prey on children.

"No child should have her life cut short by violence the way Jessica did. I commend Mark Lunsford for having the courage to help other states raise awareness about the dire need to strengthen legislation that will protect our children," said Lieutenant Governor Pence.

The motorcycle tour proceeded from Frankfort to a rally in Florence. Following that stop, the motorcyclists rode to Louisville's Waterfront Park for another press conference, where the tour concluded.

Disability Determination office invites staff to KECC fund-raisers

By Anya Armes Weber

The Frankfort office of the Department for Disability Determination Services is sponsoring several fund-raisers for the Kentucky Employees Charitable Campaign. All activities will be held at the First City Complex, 102 Athletic Drive, and all Frankfort staff members are invited.



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There is a \$2 donation entry fee for the Halloween costume contest, and suggested donations for other fundraisers will be determined.

Call Bonnie Cox at 564-5028 for more information.

Here is the planned schedule of events:

- Wednesday, Aug. 31: Cookout
- Wednesday, Sept. 7: Car Wash
- Thursday, Sept. 15: Ice Cream Social
- Tuesday, Sept. 27: Chili Cookoff
- Tuesday, Oct. 4: Yard Sale
- Monday, Oct. 31: Costume Contest

KECC Charity profile: Prevent Child Abuse Kentucky

Prevent Child Abuse Kentucky (PCAK) is a statewide, nonprofit organization dedicated to protecting Kentucky's children from abuse and neglect. The organization's mission is accomplished through community programs, public education campaigns and advocacy efforts aimed at impacting policies that promote the well-being of children and families.

For six years, PCAK has hosted the Kids Are Worth It conference, featuring national and state authorities on various child protection issues and training hundreds of participants on best methods for helping children and families.

The following are other projects of PCAK:

- The Statewide Prevention Network consists of concerned citizens, groups and agencies throughout the state that work together to keep the PCAK presence active in 98 percent of Kentucky's counties and 75 Local Councils.
- (800) CHILDREN is a 24-hour toll-free line that links interested citizens with volunteer opportunities. The phone line also serves as a resource for individuals and communities requesting information on how they can help prevent child abuse.
- F.A.C.T. (Fathers and Children Together) teaches incarcerated fathers to be responsible parents while they are imprisoned, to communicate with their children and to recognize the importance of their role in their children's lives.
- The Resource Library is a complete collection of videos, books, curricula and brochures provided on request at no cost or for a nominal charge.
- Parent education and self-help groups for parents who want to prevent or stop abuse of their children.

For further information about Prevent Child Abuse Kentucky, log on to www.pcaky.org.

2005 CHFS KECC Cup makes the rounds

For the first KECC progress reporting period, the Office of the Ombudsman led the way in Cabinet participation. Not to be outdone, for the second reporting period the Commission for Children with Special Health Care Needs emerged with the highest participation rate.

In recognition of their achievement, first the ombudsman's office and, two weeks later, the CCSHCN received the CHFS KECC Cup trophy. When the next bi-weekly report determines which office has the highest rate of participation for that period, the trophy will either remain with defending champs CCSHCN or travel to another office.

Mike Fields, undersecretary for human services and the 2005 CHFS KECC campaign coordinator, said the trophy rotation is intended to inspire a competitive spirit within the Cabinet and to help promote KECC and the programs and services it supports.

"This Cabinet should have the highest rate of KECC participation in all of state government by virtue of the charitable campaign's close alignment with the services we provide and the clients we serve," Fields said. "I want to congratulate the Office of the Ombudsman for charging right out of the gate and the commission for taking the lead the following reporting period. I also want to challenge the rest of the Cabinet to pick up the pace so the CHFS KECC Cup makes its way to as many other offices as possible."

Pledge forms may be picked up from and turned in to immediate supervisors. CHFS employees who have already turned in their pledge forms but would like to increase their level of giving may get new forms by seeing Debbie Yeary in the 4th floor undersecretaries' suite.

CHFS Focus Health Tip of the Week: Know your body

By Anne Parr, R.N.

The human body is truly an amazing machine with many complexities and wonders. The more we understand it, the better we can treat it. Below are some interesting facts about your body and some tips to help keep your



body functioning as efficiently as possible.

- When taking medications, be sure your doctor knows about all other medications you take, including over-the-counter pain relievers and nutritional supplements including vitamins, minerals and herbal preparations. Remember, just because the product says it's natural it doesn't mean it's safe for you. Even some foods, such as grapefruit, can interact badly with some medications.
- Drink plenty of water the night before any type of blood test. It's easier to find a healthy vein when you are properly hydrated. When your body is low on fluids, medical technicians can have a more difficult time finding a vein, which can result in bruising.
- Bones support more than our body structure; they produce blood cells and provide needed calcium. As we age, bone loss can affect many bodily functions and generally weaken the body. Take steps to strengthen bones with calcium supplements if you are at risk and if your doctor approves.
- Sometimes it's easy to forget the over-the-counter drugs we buy without a prescription are still drugs. According to the Food and Drug Administration, the best way to take OTCs is seriously.
- One 12-ounce can of Classic Coke contains about 9 teaspoons of added sugar. That's about a quarter cup of sugar; so think before you drink and consider alternate beverages such as water, juice or a diet soda.

- your office name
- the current date (this tells them you are checking your messages)
- whether you are in the office or not that day
- when to expect a call back
- whom to contact if the call is urgent and
- how to get in touch with that person.

It's not difficult or excessively time consuming to update your outgoing message daily or weekly. Callers will take comfort in knowing exactly when you will be available to call them back or who is filling in for you during your absence. Respond to missed calls as soon as possible to ensure optimal customer satisfaction.

Employee Enrichment

By Anya Armes Weber



Employee Enrichment is a weekly feature for CHFS staff. These tips for making work better focus on team building, customer service and personal development.

One professional tool many workers don't think much about is their outgoing voice mail messages.

But, think about the times you've tried to reach someone by phone during a crisis only to get an outdated or generic message. It can be disconcerting when you don't know if or when you will get a return call.

Often, a voice mail greeting is the first impression our clients and others get of us. According to Salary.com, The information we relay in our voice mail greetings is critical. The best outgoing messages convey several key items to the person calling you:

- your name